

# May 2024 Lindmoor Woods Swim Team Calendar (Version Date 4/26/2024)

*You must practice with your age group!*

## May Afternoon Practice Schedule (May 1 – May 23)

6&U 4:30pm – 5:00pm  
 7-8 5:00pm – 5:30pm  
 9-10 5:30pm – 6:15pm  
 11-12 6:15pm – 7:00pm  
 13+ 7:00pm – 7:45pm

## Afternoon Practice (May 29 – June 20): Select Mondays, Wednesdays, Thursdays

6&U and 7-8 5:45pm – 6:15pm  
 9-10 and 11-12 6:15pm – 7:00pm  
 13+ 7:00pm – 7:45pm

*Afternoon practice is for those that cannot attend morning practice due to scheduling conflicts such as camps. Morning practice is encouraged because only two lanes are available for afternoon practice. You cannot attend Morning and Afternoon Practices.*

## Junior Sharks (May 28 – June 21): Mondays, Tuesdays, Thursdays, Fridays

11:00am – 11:30am  
 Junior Shark Swim Meet, June 21 at 11:00am

## Morning Practice Schedule (May 27 – June 24)

6&U 7:30am – 8:00am  
 7-8 8:00am – 8:45am  
 9-10 8:45am – 9:15am  
 11-12 9:15am – 10:00am  
 13+ 10:00am – 10:45am

## Donut Wednesdays for All Groups & Ages (May 29 – June 25)

10:00am – 10:30am Awards, Ribbons & Donuts  
 10:30am – 11:15am Clinics\* or Play

*\*You may participate in a Coach DJ Swim Clinic in the competition pool area or you can play in the diving board area with Assistant Coaches monitoring.*

**Donut Wednesday during Afternoon Practice (May 29-June 20) will include practice, ribbons, and popsicles.**

## Parent Yoga (May 28 – June 20)

**Tuesdays & Thursdays**  
 7:30am – 8:00am  
 8:00am – 8:30am  
 8:30am – 9:30am

**Private Lessons with Coach DJ and/or Coach Natalie:** For more information and to schedule a lesson, email Coach DJ

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Swim Team Family Open House &amp; Cookout</b> <i>Meet Coaches, Swim Team Committee &amp; Sponsors; Pick-up Gear; Learn about swim team events, volunteer opportunities and more!</i> <b>Sunday, April 28, 2024</b> <b>Lindmoor Woods Pool Deck</b> (Pool will NOT be open for swimming or play) <b>2:00pm – 4:00pm</b>			<b>1</b> 1 <sup>st</sup> Day of May Afternoon Practice (Runs: May 1-23)	<b>2</b> May Afternoon Practice	<b>3</b> May Afternoon Practice	<b>4</b>
<b>5</b>	<b>6</b> May Afternoon Practice	<b>7</b> May Afternoon Practice	<b>8</b> May Afternoon Practice	<b>9</b> May Afternoon Practice	<b>10</b> May Afternoon Practice	<b>11</b>
<b>12</b>	<b>13</b> May Afternoon Practice	<b>14</b> May Afternoon Practice	<b>15</b> May Afternoon Practice	<b>16</b> Entry & Job Deadline May Afternoon Practice	<b>17</b> May Afternoon Practice Duathlon Set-up 5pm-7pm	<b>18</b> Duathlon Fundraiser 8am-2pm
<b>19</b>	<b>20</b> May Afternoon Practice Concession Items Due	<b>21</b> Swim Team Time Trial 5:30pm-7:30pm Fundraiser-Order Moe's Meal Kits Delivered to Time Trial	Last Day of School for Most Schools <b>22</b> May Afternoon Practice	<b>23</b> Entry & Job Deadline May Afternoon Practice	<b>24</b> Pool Opens to Members *No practices*	<b>25</b>
<b>26</b>	<b>MEMORIAL DAY 27</b> 1 <sup>st</sup> Day of Morning Practice (Runs: May27-June 24) Home Swim Meet Prep	<b>28</b> Morning Practice Parent Yoga Begins Junior Sharks Begins Home Swim Meet	<b>29</b> Donut Wednesday 1 <sup>st</sup> Afternoon Practice (Runs: May 29-June 20)	<b>30</b> Morning Practice Parent Yoga Junior Sharks Afternoon Practice	<b>31</b> Morning Practice Junior Sharks	